

Staying healthy in a pandemic.... COVID19

2020 will be known for its challenges and most of all, staying healthy and fit during this time.

Fitness and healthy eating have always been a big part of my daily routine. My fitness consisted of going to the gym, attending classes at a fitness center, and practicing yoga. So, when everything went into lockdown, I was definitely thrown out of my routine and found it very hard to stay motivated to workout at home.

During this time, I have continued to eat healthy, as that was something, I had control over; It was easy for me to drop by our local farmers market or grocery store to pick up the food I wanted to cook. However, it does take some meal planning.

To help keep my mind in balance, I read, listen to motivating podcasts, and meditate. I also play challenging mind games on my iPad, iPhone.

As we move into Phase 2 and 3, my life is slowly getting back to the new normal as I am back to work full time (with social distancing and sanitization in place) and I have found a fitness center that fits my comfort zone with all of the measures in place for a virus-free environment.

Because I am a part of the vulnerable age group affected by this virus, and health is very important to me, I am very careful about social distancing, wearing a mask, frequently washing my hands, and use hand sanitizers. I also follow the guidelines set out by our local Provincial Health Officer, Dr. Bonnie Henry.

I work daily on keeping a positive attitude. Because of COVID19, I am sure it will be awhile before we can experience the normal that we are used to.

Three things to take away from this.

- 1) First and foremost, follow the health guidelines set out for us so that we can get this virus under control.
- 2) Stay as positive as possible and be kind to everyone.
- 3) Let us all work together and help each other...young and old.